



Profiles in Wellness



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New Mexico

By the time the WHCoA conference is held I will be 58. I have had gout for the last twenty years and high blood pressure (at its highest 168/120) for the last five years, both conditions I controlled with prescription drugs.

Just short of 1½ years ago, in honor of my Godfather who passed away, I stopped drinking. Within four months I also weaned myself off of my prescription drugs. The only pills I presently take are a multivitamin and a baby aspirin. It has been over a year and I have had no bouts of gout and my blood pressure average now is 122/79 with a heart rate of 56.

My diet consists of high fiber (a lot of beans) with a lot of fresh vegetables, no fast foods, reduced-fat meat, whole grains and non-fat frozen yogurt.

I enjoy life as a grant writer. The 350 plus days of New Mexico sunshine has a lot to do with being able to walk every day in relative comfort. My walking partners are an 11-year-old beagle and my bride of 39 years.